



MACDONALD
SERVICES TO SENIORS

THE Wire



Leigh Anne Caron, Manitoba Seniors' Advocate visits Starbuck on February 25, 2026

MARCH 2026

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It's Tax Season

Tax-filing season is here: Helpful tips for Canadians 65 years and older

Tax season can feel overwhelming, especially if your life has changed over the past year. Maybe you've started receiving a pension, lost a partner or decided to keep working longer than expected. These changes can affect your taxes.

If you're 65 or older, you may be eligible to receive payments like the Guaranteed Income Supplement, and other federal and provincial benefits. Filing your tax return on time each year ensures these payments are calculated correctly and delivered without interruption.

You may also be able to reduce the amount of tax you owe by claiming eligible expenses, splitting your pension income, or taking advantage of other credits and deductions.

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Recipe of the Month

Authentic Irish Potato Farls



INGREDIENTS

- 4 cups medium potatoes (Russet, Maris Piper, or Roosters)
- $\frac{3}{4}$ cup all-purpose flour
- 1 $\frac{1}{2}$ teaspoons sea salt
- $\frac{1}{2}$ teaspoon black pepper
- 2 tablespoons butter plus more for cooking

DIRECTIONS

1. Boil the medium potatoes until tender, then let them cool and peel.
2. Mash the potatoes until smooth.
3. In a large bowl, mix the mashed potatoes, flour, sea salt, and black pepper until combined.
4. Divide the mixture into six equal portions and shape them into rounds about $\frac{1}{2}$ inch thick.
5. Heat butter in a skillet over medium heat and cook each potato farl for 3-5 minutes on each side until golden brown.

How to Make Authentic Irish Potato Farls in 40 Minutes

What Are Irish Potato Farls?

The word “farl” comes from the Gaelic “fardel,” meaning a quarter or a fourth part. That’s because Irish potato farls are traditionally shaped into a round and then cut into four quarters. These flat, skillet-fried potato breads originated in Northern Ireland, particularly around Ulster, and have remained popular across the country thanks to their simplicity and flavor.



Lucky stars above you, Sunshine on your way,
Many friends to love you, Joy in work and play.

Laughter to outweigh each care, In your heart a song,
And gladness waiting everywhere, All your whole life long.”





March

2026



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 La Salle Beef Stroganoff Seniors Advocate	3	4 Starbuck Chicken Pot Pie	5 Sanford Meatballs in gravy	6	7
8	9 Brunkild Ham & Scalloped Potatoes Mystery Guest	10	11 Starbuck S & S Meatballs Fun with MHRD	12 Sanford Stuffed Chicken Fun with MHRD	13	14
15	16 La Salle Bangers & Mash Fun with MHRD	17 	18 Starbuck Irish Stew Games at 12:30	19 Sanford Shepherd's Pie Games at 12:30	20	21
22	23 La Salle Chicken Dumpling Soup Games at 12:30	24	25 Starbuck Meatloaf	26 Sanford Ham & Scalloped Potatoes Fun with MHRD	27	28
29	30 La Salle Meatloaf Mystery Guest	31				

All meals served at 11:45 a.m.

Please call ahead-Call Leanne at 204-736-2255

Lunch and Learn Presentations, Mystery Guest, and Games start at 12:30

All meals \$10 p.p.

We will try to accommodate special dietary requests.

Menu subject to change.

Lunch and Learns

Mystery Guest Speaker

After lunch, get ready for something extra special... We're bringing in a Mystery Guest Speaker, and trust us, you do NOT want to miss it! 🙄
Who are they? What will they talk about? All we'll say is— It's going to be inspiring, maybe even a little shocking, and totally worth sticking around for!

Come hungry for lunch, and stay hungry for a surprise that'll leave you talking. 🗣️ Please register for lunch-\$10 p.p. or come just for the speaker-Free

March 9: Brunkild Hall at 12:30

March 30-Caisse Community Centre at 12:30

Fun with MHRD

After lunch, join us for a fun filled afternoon with the gang from MHRD.

Could be noodle hockey, brain games or trivia...Join us to find out what fun they have in store for us!

March 11-Starbuck Hall at 12:30

March 12-Sanford Legion at 12:30

March 16-Caisse Community Centre at 12:30

March 26-Sanford Legion at 12:30

Board Games

After lunch, join us for a fun filled afternoon playing cards or board games. Teach us to play your favourite game or join in on one of the games going on.

March 19-Sanford Legion at 12:30

March 23-Caisse Community Centre at 12:30

March 25-Sanford Legion at 12:30

Register with Leanne 204-736-2255 or info@macdonaldseniors.ca



Macdonald-Headingley

R E C R E A T I O N D I S T R I C T

La Salle

Chair Yoga

7 Mondays, January 12 - March 2, 10:00 am - 11:00 am | \$56.00

Chair Yoga is a great fit for anyone looking to improve flexibility, balance, and posture without the need to get up or down from the floor. This class focuses on mindful breathing, gentle stretching, and balance exercises while using the chair for support. It is ideal for those with mobility or balance challenges who still want to enjoy the benefits of yoga in a comfortable, accessible way. Join us for a relaxing, low-impact workout that strengthens both body and mind in a welcoming, supportive environment!

Macdonald Headingley Recreation District • Program Information • Chair Yoga, Winter 2026 session

La Salle Walking Club

11 Wednesdays, January 14 - March 25, 9:00 am - 10:00 am | FREE

Join our Outdoor Community Walking Club for fresh air, friendly faces, and feel-good movement! We meet Wednesday mornings for group walks that welcome all ages and fitness levels—no pressure, just good company and a chance to enjoy the outdoors together. * Urban Poles will be available for use if anyone would like to try them



Macdonald Headingley Recreation District • Program Information •

La Salle Walking Club, Winter 2026 session

ATTENTION

Connections Cafe Meal Delivery and Take Out

Effective July 1, 2026 all meal delivery and take outs will be \$12 per meal.
Eat in will continue to be \$10 per meal.

Sanford

Pep In Our Step - Older Adult Exercise!

9 Wednesdays, January 21 - March 18, 10:00 am - 11:00 am |

FREE

Looking to maintain muscle strength and enhance your mobility? Join Agnes for our gentle exercise sessions, thoughtfully designed for participants of all fitness levels! In these classes, you'll engage in gentle exercises using 1lb weights and stretchy bands to promote strength and flexibility. You can choose to participate while standing or seated, making it accessible for everyone. Remember to wear comfortable clothing and footwear. Take a step toward better health and mobility—join us for a supportive and effective workout!

Macdonald Headingley Recreation District • Program Information • Pep In Our Step - Older Adult Exercises, Winter 2026 session



Starbuck

Exercises with Liza

10 Thursdays, January 15 - March 19,
10:00 am 11:00 am | FREE

Want to maintain muscle strength and enhance your mobility? Our gentle exercise sessions are the perfect fit for you! Led by Liza, these classes focus on being effective and accessible for everyone. In these sessions, you'll engage in gentle exercises suitable for all fitness levels, incorporating 1 lb weights and stretchy bands for strength training. You can choose to participate while standing or sitting, ensuring a comfortable experience for all. Don't forget to wear comfortable clothing and footwear! Join us and take a step toward better health and mobility today!

Macdonald Headingley Recreation District • Program Information • Exercises with Liza, Winter 2026 session



Brain Health Tip

Socialize

Being social helps ward off depression and stress. Both can make memory loss worse. Social isolation and loneliness also have been linked to a higher risk of a decline in thinking skills and Alzheimer's disease.

Seniors Advocate Meetings

Join us for lunch where the new Seniors Advocate, Leigh Anne Caron, will join us. Hear about her roles and responsibilities in this newly formed position and be sure to ask questions or raise your concerns as an older adult within Manitoba.

- March 2-Caisse Community Centre, La Salle at 11:45
 - April 13-Brunkild Hall at 11:45
- Must pre-register for the \$10 lunch by calling Leanne at 204-736-2255 or email: info@macdonaldseniors.ca

Tax Season, continued from page 1

If you have been doing your taxes on paper, consider filing online this year using certified tax software. [Free tax clinics](#) are also available across Canada for seniors with modest incomes and simple tax situations.

Help is available if you need it. If you've forgotten your Canada Revenue Agency (CRA) account password, you can now [regain access](#) without calling. The CRA also offers a free online webinar for adults over 65: [Learn about tax benefits and credits through webinars and recordings](#).

With the right tools and support, filing your taxes can be simpler than you think. Our web page on [taxes when you retire or turn 65 years old](#) is a great place to start!

extracted from Message from Stephanie McLean, Secretary of State (Seniors)
February 3, 2026

MB Seniors Guide Online



211 Manitoba is pleased to partner with the Department of Seniors and Long-Term Care in the development of the Manitoba Seniors Guide. This guide lists a wide range of community, health, and government programs in place to assist older adults.



MOBILITY EQUIPMENT TUNE UP CLINIC

Come and get
your walker tuned
up and ready to roll
for summer



Thursday, May 7
1-4pm
Sanford Legion

FREE inspection*



BRING YOUR WALKER TO SANFORD LEGION AND HAVE THE EXPERTS FROM **RELIABLE MOBILITY** GIVE YOUR WALKER A FREE CHECK UP

- WHEEL AND GLIDE CHECK
- TIGHTENING AND ADJUSTMENTS
- SAFETY INSPECTION
- HELPFUL TIPS FOR EVERYDAY USE

**Macdonald Services
to Seniors**

Leanne Wilson
Box 100
161 Mandan Dr
Sanford, MB

Phone: 204-736-2255

Email:
info@macdonaldseniors.ca

Macdonald Seniors Advisory
Council (MSAC)

- Jane Kroeger
204-227-2975
- Nancy Langlois:
204-471-7056
- Ronda Karlowsky:
204-794-4821
- Barbara Nixon
204-895-9292
- RM Rep: Barry Feller:
204-736-4433
- MHRD: Christee
Stokotelny
204-885-2444

Home Care

Brunkild, Oak Bluff, Sanford, Starbuck
204-735-3193

La Salle, Domain
204-746-7351

Palliative Care

Marni Cormier
204-870-7476

About Us:

M.S.S. is a service to all older adults within the R.M. of
Macdonald.

We can help with transportation, home and yard
maintenance, housekeeping, foot care, medical equipment
loans, filling out forms, accessing information, and ERIK.

Please call for information.

M.S.S. relies on volunteers and service providers to help
older adults remain in their own homes for as long as
possible.

If you have a few hours to give, please call Leanne to see how
you can be of service. We are always looking for people to
help with transportation, light house cleaning, or even
friendly visiting.

RM of Macdonald

Foot Care:

- Karen Dingman: 204-996-2376
- Melanie Cotroneo (204) 250-2260

Hair Care:

- Hair I Am Mobile Salon: Leah Macaulay—204-
470-2727

• **Housecleaning Services:**

Elsie-204-461-2999-La Salle

La Salle Cleaning Services: 204-805-4249 call
for service area

- Grief Counselling & Family Wellness: Brooke
Robinson (204) 361-5683
- Helping Hands Senior Care: Melissa Blais :
204-228-8761

If you offer services for seniors, and would like to be
featured in this newsletter, please contact Leanne

If you are interested in putting your name forward
to be contacted when someone requires help with
transportation or light house cleaning, please call
Leanne.